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JULY 9, 2025 44th YEAR NUMBER 63 $1.00

PBM REFORM

Louisiana is leading a national revolution

By T.J. WOODARD, PharmD, MBA

This article was previously printed in the online journal The Hayride and was submitted for publication in the Tangi Times with permission from the author.

Is Louisiana about to lead the nation and start a healthcare revolution?

Surprisingly, the answer is probably yes, and it's on a topic you likely know very little about – Pharmacy Benefit Managers (PBMs). You may not know who they are, or what they do, but you have almost certainly been affected by them.

What is a PBM?

In its most basic form, a PBM simplifies the transaction between your prescriber, your pharmacy, your insurer, and you. They don't diagnose any disease, and they don't make or dispense any medication. The only real value they add to the equation, in theory, is efficiency and/or cost savings.

What they have become looks far more like Standard Oil than

it does a basic fee-per-transaction claims processor for your prescriptions. The top three PBMs (Cigna's Express Scripts, CVS/ Caremark, and UnitedHealth Group's Optum Rx) control about 80% of the market and have a combined annual revenue of over $1,000,000,000,000 (that's trillion, with a 'T').

That's not a knock on successful companies or profit or some pitch for big government or over-regulation. It's to show A LOT of our healthcare dollars flow through them. They're often the top expenditure for companies and government entities. Unfortunately, I know far more about them than I wish I did.

*** Now I should insert a disclaimer: all PBMs aren't bad. There are some transparent, fee-based PBMs who we're happy to work with and actually perform a useful function. ***

My wife and I are both pharmacists who own and operate two independent pharmacies. At the risk of sounding cliché: we were drawn to the idea of owning our own business while getting to take care of our friends and neighbors.

I'd say this is true of almost all independent pharmacy owners in America. And we're a unique group: we're more colleague than competitor and have cobbled together a fairly effective and organized apolitical operation (more on this later), out of sheer necessity and self-survival.

See PBM REFORM, Page 5

Community to the Rescue

By STEFANIE BROOKE • Tangi Times Community Journalist

If you've ever wanted to wield a paintbrush like a hero or pull weeds with the enthusiasm of a reality show contestant, your moment has arrived. Martha Vinyard Elementary School is inviting volunteers to roll up their sleeves and dig into a little good old-fashioned beautification on Friday, July 12, from 9am to 12pm, and trust us – this is more than just a clean-up.

The MVES Campus Beautification Day is calling on parents, grandparents, students, neighbors, green thumbs, and anyone with a free morning and a willingness to get a little dirty for a good cause. Whether you're a pro at mulching flower beds, a wizard with a roller brush, or just someone who knows how to pick up litter without grumbling (much), you're needed.

The event includes a variety of tasks, from picking up trash and touching up paint to planting, pruning, and doing those "little things" that make a campus feel

like home. It's the kind of work that might leave your shirt stained and your muscles mildly confused – but it also comes with the unbeatable satisfaction of knowing you're making a difference for hundreds of kids heading into the 2025–2026 school year.

Projects like this one don't just make the school look pretty. They build connections among us all. There's a sense of unity associated with painting the same bench your child will sit on or weeding the flower bed that frames their classroom.

It's service with soul. And it's a chance to show students what community really means – not just with words, but with action.

Need a tip for a successful clean-up day? Bring your own gloves, wear clothes you don't mind getting splattered in, and show up with a can-do attitude. Bonus points for bug spray, sunscreen, and a small stash of snacks for energy.

And if you can, bring a few tools – rakes, paintbrushes, hedge trimmers, and smiles are all welcome.

MVES is also giving a special shout-out to The Mission Church, whose volunteers will be showing up to SERVE in all caps. Their partnership helps transform this event from a school chore into a community celebration because when churches, families, and schools link arms, the results are more than just cosmetic.

So whether you're a longtime Vinyard Viking or just someone looking for a feel-good Friday morning, come out and be part of the transformation. Because the best kind of school spirit isn't just worn on a T-shirt; it's dug, painted, and planted straight into the heart of the campus.

July is National Anti-Boredom Month!

Get out and have some fun!

The Tangi Times

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WHAT'S HAPPENING!! in Tangi
TALK of the TOWN — What do YOU think?
and much more!

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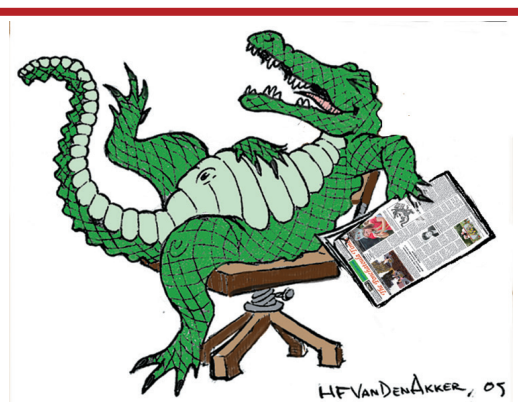

By OLE HARDHIDE
The Alligator

Hellllooooooo to all my favorite swampies! Your old buddy Old Hardhide is here with the good word for you (as usual). I know y'all love to hear from your favorite gator narrator because my effervescent aura elevates your spirits, even on the darkest of days. I do what I can!

So, y'all know that the main gator is a lover of interesting vocabulary words. A good name for this is a "logophile," which is a pretty cool and interesting word, if I may be so bold to say so. And here's another great word – pestiferous. This word describes something that causes an annoyance. Weeds can be pestiferous. So can mosquitoes. Do y'all know any pestiferous people? Cuz the Hide sure does!

Every now and then, just when the grandest of gators settles leisurely into a peaceful thought to let the wonderful world of imagination take the wheel – BAM! Here comes Mr. Percy Pestiferousness! I would say it's like clockwork, but clocks are predictable. No telling when the next nettlesome flapdoodle will fall out of a mouth that is entirely too close to the main gator's personal space. It sounds just like this: "Euuuuuuh… euuuuuuh… ummm, Mr. Hardhide, do you have a minute? Euuuuuuh."

The Hide has no minutes.

Sorry, swampies – just had to vent! Y'all know that Gatorus Supremus never judges!

So I'm still thinking of some of that delicious BBQ I had over the weekend. You wouldn't believe how many people accidentally left their grills on. That could start a fire! I decided to pay a surprise visit to a few houses around our lovely swamp. I smelled cooking and approached the gate. I thought I heard people laughing and gallivanting, so I called out with a "Yoo hoo! Hardhide is here!" The voices strangely stopped, so I let myself in. Nobody was there, and the grill was still on! Being the thoughtful crocodilian that I am, I turned off the grill, ate the food, and moved on to the next stop. Strangely, the same scenario happened!

You're welcome.

MESSAGE FROM THE MAYOR

Mayor Wesley Daniels
City of Ponchatoula

As Mayor of Ponchatoula, I'm proud to announce the launch of our city's newly redesigned website, built with our residents in mind. This user-friendly platform offers several new features aimed at making your interaction with City Hall more convenient than ever.

From viewing upcoming city council meetings and paying bills online to accessing ordinances and permit applications, this site is designed to serve as a central hub for information and services. Most importantly, it supports our ongoing mission to strengthen communication and transparency between city leadership and the people we serve.

One of my favorite additions to the new site is the ability to easily connect with members of our City Hall team. Each department is now clearly listed, with contact information and service details to help guide your questions or needs.

This project was brought to life by local company Eversite, formerly known as Legnd, who did an exceptional job blending modern functionality with Ponchatoula's small-town charm. I invite you to explore the new site and take advantage of everything it has to offer as we continue building a more connected and informed community.

"I love our city, and I love its people."
-Wesley Daniels

The Tangi Times

WHAT'S HAPPENING!! in Tangi

Wednesday July 9
5:30-6:30pm
TPSO Gun Safety Presentation (PreK – 5th grade only)
PARD
19030 Ponchatoula Park Dr., Ponchatoula
See ad in this issue for registration info

Thursday July 10
6:30 pm
Wine Bingo
Crescent Lounge
120 W. Pine St., Ponchatoula

Thursday July 10
5:30p-6:30p
Chamber After Hours
Ponchatoula Rotary
200 W Beech St., Ponchatoula

Tuesday July 15
7 pm
Music Trivia Night
Chiefs Pub on Pine
165 W. Pine St., Ponchatoula

Saturday July 19
12-5 pm
Christmas in July
Downtown Ponchatoula

Saturday July 19
11 am – 1 pm
Back 2 School Bash
PARD
19030 Ponchatoula Park Dr., Ponchatoula

Sunday July 20
2 pm
Paint Your Own Colorful Crab Paint Class
Revival Art House
495 SW Railroad Ave., Ponchatoula

MEMES are good medicine!

If anyone wants to come over tonight, we'll be drinking the M&Ms that liquified in the truck on the ten-minute drive home from the store this afternoon.

Spiritual Petition

God, please give me the grace to align my heart and my attitude with Yours. Help me to be more like Jesus with my attitude today. Humble me and let others see a moment of humility in me, as well.

Marshall Graves
Love Is the Key Outreach

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Tonya Aiken

The Tangi Times Dubious News

Hello friends!

As much as I love taking you on bizarre adventures around the globe, this week's tale comes from right here in Tangipahoa Parish.

Some years back, the race for the parish council was heating up. But there was a small hiccup: one of the candidates didn't actually live in the parish, making him unqualified to run for the seat. So, naturally, he used the address of an abandoned house to qualify. His sharp opponent, however, wasn't buying it. To prove no one was living there, he casually staked one of his own campaign signs right on the front lawn of the property… and just waited.

A full week went by. Then – like clockwork – the "resident" candidate drove by, spotted the sign, and yanked it out in a fury.

Congratulations! You've just been caught red-handed by a piece of corrugated plastic and a wire stake!

When your own fake address starts campaigning against you… it might be time to drop out.

Until next time!

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Please join The Tangi Times in wishing a happy 82nd Birthday to Bob Perez

Happy Birthday, Bob!

Please join The Tangi Times in wishing a happy birthday to our contributing writer and favorite snake charmer **Kevin Hood**

Happy Birthday, Kevin!

A Message from Robby Miller

From Tangipahoa Government

Halfway through 2025, and already we have so many things to celebrate here in Tangipahoa Parish! Not only is our economy holding tough as sales tax collections remain strong, but we are proud to announce we've just completed one of our best spring festival seasons ever. We hear it everywhere we go – Tangipahoa is a great place to live, work, and play!

In my travels, I like to say that Tangipahoa is the best parish in all of Louisiana. Recently, you've probably read that others are saying that, too!

Tangipahoa remains a leader statewide. Our parish programs like our Emergency Operations Center, the TRACC (Tangipahoa - Reshaping Attitudes for Community Change) Coalition, and the Tangipahoa Parish Landfill continually serve as models for not only other communities across Louisiana but also nationwide. Our Parish Council's efforts to regulate solar farms in Tangipahoa have been the model for legislation across our state, and our Accounting and Grants programs have been recognized for financial excellence.

Things are truly looking up as we head into July, and moving into the second half of 2025, we have a lot to celebrate and much reason for optimism. Thank you for doing your part to make this the very best place to live, work and play!

--Robby

Tangipahoa Parish President

These fine retailers bring
~The Tangi Times~
to the community. Visit them today!

5/25

Albany
Circle A Hardware
Huckleberry's
Albany Express

Amite
Drive-In Drug Store
Thrift-Town HealthMart
Gabriel Building Supply
Master Chef

Bedico
Bedico Supermarket

2/25

Greensburg
Buddy's Seafood/Deli
Greensburg Family Pharmacy
Main Street Market/Deli
The Hawk's Nesting Café
Lucky Dollar Casino
A Country Store
Last Stop Money Mart

9/24

Hammond
Jeanie's - It's All Good
Doughlicious Donuts
University Donuts
CVS Hammond
Pull Clip Café
Scott's Pharmacy
Don Chaucer's Pharmacy
Bayou Booksellers
Hammond Express
Miller's Mart
Stuffed
Red White & Brew

6/24

Independence
The Man Shack
Hilltop Market & Deli
Minute Man Convenience
La Potosina

3/24

Kentwood
Kentwood Pharmacy
Kentwood City Hall
The Café
Schilling's Pharmacy
Kentwood Co-op
Pizza Shack
B & D Salvage Grocery

12/23

Loranger
Gene's Greenhouses
Loranger Supermarket
Family Healthcare
Grace Filled Donuts

Montpelier
Bear Creek Western Store
Miller's Grocery
Natalbany Creek Campground
Bizzy Bee

Pine Grove
Pine Grove Auto Parts

Ponchatoula
Bohning's
Gabriel Building Supply
CVS Ponchatoula
B2 Antiques
Moss & Berry
Ponchatoula Family Pharmacy
Specialty RX Pharmacy

Robert
Robert Supermarket
Robert Pharmacy

Roseland
Sky's Pantry

Springfield
Landry-Poché Farm
Childers Grocery
P'Maw's Bait Shop

Tangipahoa
TG Mini Mart

Tickfaw
Alissa's Beauty Salon

Watch the growth of this Tangi Times retailer list!

TANGI GUMBO

There will be intermittent and alternating nightly lane closures on LA 22 between 100 ft. east of Olde Mill Lane to Howes Lane, beginning on Monday, July 7, 2025, through Friday, October 24, 2025, from 7pm to 6am, weather permitting, while the construction crews install an asphalt mill and overlay. Oversized loads are restricted to twelve feet in width. Motorists may use the following routes to avoid the work zone: Motorists traveling LA 22 east may take US 51B north to I-12, then east to LA 445 (Exit 47), then south to re-intersect LA 22. Motorists traveling LA 22 west may take LA 445 north to I-12, then west to US 51B (Exit 40), then south to re-intersect LA 22.

The Tangipahoa Parish Sheriff's Office (TPSO) needs the public's help identifying and locating a man accused of stealing equipment from a Hammond home improvement store. On June 20, a white male entered the Tractor Supply Store in the 12000 block of Highway 190 in Hammond around 11am. The suspect filled a shopping cart with more than $1500 in equipment, including chainsaws and hedge trimmers, and left the store without paying for the items. Sheriff Gerald Sticker encourages anyone with information about the suspect's identity or whereabouts to contact Det. Earl McFarland at 985-345-6150. If you'd prefer to share information anonymously, you can do so through Crime Stoppers of Tangipahoa's tip line at 1-800-554-5245 or visit www.tangicrimestoppers.com and click on the P3 Tips icon or Submit A Tip! Tips submitted through Crime Stoppers may be eligible for a cash reward.

The American Archive of Public Broadcasting (AAPB), a collaboration between GBH and the Library of Congress, has announced the addition of Southeastern Louisiana University's acclaimed radio show Rock School to its national collection. The Rock School Special Collection features more than 900 episodes of the weekly music history series produced by Southeastern's radio station 90.9 The Lion (formerly KSLU). Since its debut in 2007, the show has explored the stories behind iconic songs, influential artists, and major music trends that have shaped American pop culture. Topics span from classics like "American Pie" and the Woodstock Festival to modern-day phenomena like Taylor Swift and AI-generated lyrics. Hosted by music artists and historians Dr. Joe and Tammy Burns, each episode blends deep expertise with engaging storytelling, offering a must-listen experience for rock and roll fans and history buffs alike. The collection is available at americanarchive.org, where it

(See TANGI TIMES Page 6)

The Tangi Times Talk of the Town!

What are 3 things you need for an epic vacation?

Jeannette Smith Hammond

Sunglasses, sunscreen, and someone who will bring so many snacks I don't even have to think about what I'll be eating.

Jenni Thibodeaux Albany

A travel agent to take care of all the details, a beach, and a good book!

Leyla Hekmatdoost Covington

Good company, Twizzlers, and enough randomness to make it feel like an adventure.

Marla Morris Hammond

My two sons of course and an awesome playlist – let's go!!!! I'm ready!!!!

Nedra Reed Hammond

Reservations, money/ credit card, and family/ friends!

Ryan Davis Amite

A well-stocked cooler, flip flops, and sunglasses.

Sarah Wooley Ponchatoula

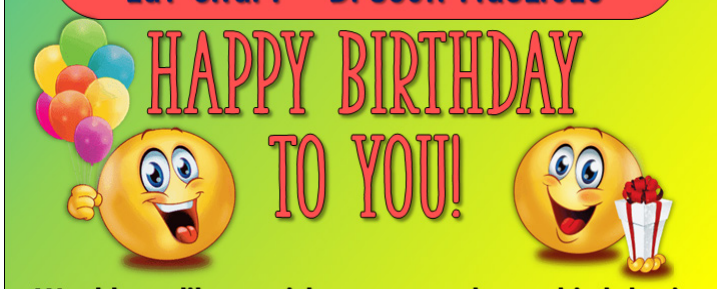
A water park, sunscreen, and a hat.

Stacie Ronquille Ponchatoula

Iced coffee, iced water, and grandkids!

YOU SAY IT'S YOUR BIRTHDAY!

BOB PEREZ CHRISTINE ROGERS
KEVIN HOOD JAZZMIN COATES
MEGHAN LIDDELL DANIEL MCCABE
CLAY KENNEY ELIZABETH PARKER
PENNY CARTER MARSHALL COURMIER
ALICE GIDEON SKYLER YOUNGER
BRODY AMACKER SUMMER SHARP
LAT SHARP BRYSON MAGLIOLO



Would you like to wish someone a happy birthday in The Tangi Times? Just send the name of the birthday boy or girl along with the special date to publisher@tangitimes.com.

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Parts of Loranger Affected by Sweetwater Well Failure

Tangi Times Report

Approximately 800 Loranger area customers who were previously on the Eastern Heights water system experienced intermittent outages last week due to a failure at the Sweetwater well. The motor on the Sweetwater pump began to experience some trouble on Wednesday afternoon.

While repairing the initial issue, it was discovered that the well was pumping sand. By Thursday, the sand caused damage to the pump, which created the water outage.

With the assistance of the parish, the Water District secured tanker trucks with pumps that have begun filling the Sweetwater tank. The Water District will attempt to keep the tank full using these trucks until the well is repaired. Work was scheduled to begin on Monday to make the permanent repairs.

As this is a temporary solution to allow for basic household use, everyone affected is asked to conserve water as much as possible. There is a boil advisory in effect until the well is completely repaired.

Bottled water can be picked up at the Loranger Fire Station from 8:00am-6:00pm as it is available. Customers are advised to call the fire station at 985-878-6911 to verify that supplies are in stock. Customers will need to provide a water bill or proof of address when collecting supplies.

A new, multimillion-dollar well is being constructed to reliably serve customers in the district.

Please subscribe for alerts at www.tangiwater.com/subscribe to receive updates.

North Oaks Medical Center's GME Program Welcomes 17 New Residents

From North Oaks

North Oaks has welcomed seventeen physicians in training to North Oaks Medical Center's Graduate Medical Education program, according to the health system's Vice President and Designated Institutional Official Kiley Cedotal.

Nine physicians have joined the GME program's Internal Medicine Residency, now in its second year. At the same time, eight physicians have joined the GME program's new Transitional Year Residency. The residents hail from 11 states and three countries.

The internal medicine residents are: Eric Bayman, MD, from University of Colorado School of Medicine in Aurora; Irina Cavdar, MD, from Texas Tech University Health Sciences Center School of Medicine in Lubbock; Grant Collins, MD, from Louisiana State University School of Medicine in New Orleans; Nicholas Jameson, DO, from William Carey University College of Osteopathic Medicine in Hattiesburg, Mississippi; George Montanio, DO, from Edward Via College of Osteopathic Medicine – Louisiana Campus in Monroe; Lexina Patel, MD, from University of Louisville School of Medicine in Kentucky; Shaichi Sen, DO, from Burrell College of Osteopathic Medicine in Las Cruces, New Mexico; and Alwin Thomas, MD, from Ross University School of Medicine in Bridgetown, Barbados. In addition to these year-one internal medicine residents, the program also welcomes Erin Simon, DO, who transferred to the program from St. Francis Medical Center in Monroe, Louisiana and will be starting as a program year two internal medicine resident.

The transitional year residents are: Jumoke Cadmus, DO, from Philadelphia College of Osteopathic Medicine – Georgia in Suwanee, Georgia; Shannon Deckert, DO, and Janson Nguyen, DO, from Arkansas College of Osteopathic Medicine in Ft. Smith; Navid Hasani, MD, University of Queensland School of Medicine in Australia; Ming Huo, MD, from Shanxi Medical University in Taiyuan, China; Ololade Omole, MD, from Trinity School of Medicine in Saint Vincent and the Grenadines; Jacob Seabaugh, DO, from Edward Via College of Osteopathic Medicine – Louisiana Campus in Monroe; and Reen Varghese, DO, from New York Institute of Technology College of Osteopathic Medicine in Jonesboro, Arkansas.

Led by Program Director, Dr. John Wuthrich, the Internal Medicine residency is a three-year program training physicians in managing a wide range of common and complex medical conditions for patients. Residents gain extensive, direct experience in close collaboration with interdisciplinary teams to hone their diagnostic and care management skills. Throughout the program, residents build their expertise in internal medicine and broaden their understanding of their chosen field through complimentary rotations in other medical specialties like cardiovascular and infectious diseases, critical care, endocrinology, gerontology, gastroenterology, hematology and oncology, neurology, nephrology, rheumatology, and emergency, pulmonary and ambulatory medicine.

The Transitional Year residency is a one-year program for medical graduates seeking broad clinical training experience before pursuing specialty residency or further training. Dr. Abir Abdo serves as Program Director. Participants will gain a well-rounded foundation through rotations in key medical specialties such as cardiovascular disease, emergency medicine, general surgery, gerontology, internal medicine and urgent care.

The residents will train at North Oaks Medical Center and other facilities within the health system, gaining vital experience and learning from expert physicians on the North Oaks medical staff.

By 2030, North Oaks Medical Center Graduate Medical Education plans to train up to 48 physicians at any given time.

To learn more about residencies at North Oaks Medical Center, visit northoaks.org/gme. You also may contact the program by calling (985) 230-6770 or emailing GME@northoaks.org.

FOLLOW THE TANGI TIMES ON X

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Obituaries

FRED C. "RICKY" RUBE JR.

Fred C. "Ricky" Rube Jr., age 78, peacefully passed away at his home surrounded by his family on Saturday, July 5, 2025.

Relatives and friends are invited to attend Mr. Ricky's Memorial Visitation at Holy Ghost Catholic Church on Thursday, July 10, 2025, from 9:00am until 11:30am. Funeral Mass will begin at 11:30am, officiated by Fr. Charlie Johnson.

Please visit our website, www.harrymckneely.com, for the full obituary.

Arrangements have been entrusted to Harry McKneely & Son Funeral Homes.

Gloria Dell Beauchamp; 69; June 24; Drive-thru viewing will be held on Friday, July 4, 2025, at MJR Friendly Service Funeral Home, 7803 Florida Blvd., Denham Springs, La 70726 at 2 pm.

Valrey Columbus Scott; 82; June 28; Viewing will be held on Thursday, July 3, 2025, at MJR Friendly Service Funeral Home, 7803 Florida Blvd., Denham Springs, LA 70726, at 10am until the religious service at noon.

James Self; 41; June 28; Viewing will be held on Monday, July 7, 2025, at New Hope Ministries Church, 325 New Hope Rd., Greensburg, LA 70441, at 9am until the religious service at 10am.

Michael Charles Patanella; 90; Independence; July 2; survived by his wife, Matilda B. Patanella; sons, Joseph M. Patanella (Jeanette) and Ronald H. Patanella (Lisa); grandchildren, Amanda, Jessica (Zack), Joseph, Jr. (Sarah), and Dusty; and great-grandchildren, Aubree, Connor, Layla, and Hank.

Larry Joe Milton; 82; July 2; survived by his loving wife, Diane Milton; daughters, Scarlett Milton Major (Rickey) and Barbara Milton Watson (Jarrod); grandchildren, Steven (Brandy), Courtney (Jacob), and Isabella; and great-grandchildren, Rikki, Reese, and Rylee.

Daniel Lee Neumann; 81; Ponchatoula; July 2; survived by his wife, Barb Neumann; son, Brett; daughter, Shari, (Dylan); grandchildren, Elijah, Kayln, Whitney, Jonah, Jasmine, Charles, Christopher, Emma, Rohin, Brandon, and Ethan; great-granddaughter, Julianna; and Dawn McCue.

Nora Lena Bentivegna Lumino; 95; Hammond; July 3; survived by her daughter, Grace Baham; brother, Carlo Bentivegna; daughters-in-law, Cathy Lumino and Rose Weber (Peannie); grandchildren, Henry Lumino Jr. and Cindy Lumino Lemoine; five great-grandchildren, Amanda (Trevor), Jessica, Ashley, Ryan, and Kaylan (Christopher); and ten great-great-grandchildren.

Gerald John Courville; 77; July 3; survived by his son, Jean-Paul Courville; daughter, Monet Courville; sister, Cheryl Lynn Dawsey (Leonard); brother-in-law, Dale Hornsby (Cristiana); and four grandchildren.

Ashlee Rhenette Travis; 47; Hammond; July 4; survived by her parents, Kenneth "K.T." and Imelda Smith Travis; sister, Alison Hurst (Willie); brother, Mitchell Travis (Amber); nieces and nephews, Brooklee (Colton), Lacee, Adelyne, Matthew, Ada Grace, and Theodore; great-niece, Emilia; and godparents, Jerry Smith and Joyce Davis.

Pamela Marie Manchack; 73; Independence; July 4; survived by her husband, Freddie Manchack; daughter, Stephanie Fontana (Frank); son, Fred Manchack (Dawn); grandchildren, Presley, Alaina, Abelena, and Ava; brothers, Michael and Charles Ferrara; and numerous nieces and nephews.

Vincent Joseph "Buzz" Gennardo; 88; Hammond; July 4; survived by his wife, Frances Gennardo; daughter, Patricia Alphonse (Frank); grandchildren, Todd (Shelly), Heather (Brian), Brooke (Seth), and Anna (Nick); great-grandchildren, Sadie, Ruth, Collins, Amelia, Genna, Scarlett, Sam, Harrison, and Nora; sisters, Lena, Elizabeth, and Rose; and numerous nieces and nephews.

Wilmer "Spunk" Herbert Stewart; 95; July 5; survived by his sister, Christine Stewart Herring; brothers, Oscar "Johnny" Stewart and Eddie "Push" Stewart (Janice); and many nieces and nephews.

Fred C. "Ricky" Rube Jr.; 78; Hammond; July 5; survived by his wife, Philomena Rube; daughter, Renee Easley (Craig); stepdaughter, Leah Fitzhugh (Malcolm); sister, Rebecca Branchiere (Andy); grandchildren, Madelyn (Kaleb), Molly (Josh), Hanna, Justin, Haley, Cadence, Reese, and Riley; and great-grandson, Kooper.

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North Oaks Diagnostic Center - Hammond
AUGUST 20 - 5:00 PM
Florida Parishes Arena - Amite
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PBM REFORM

FROM PAGE 1

So, what does this have to do with Louisiana leading the nation in something other than obesity? The sacrosanct triangle of care between prescriber, pharmacist, and patient has been so badly damaged by the PBMs that it simply can't be ignored anymore.

Ten years ago, we were explaining to legislators what PBMs were and what we feared they were slowly becoming. Now, we're all playing whack-a-mole with legislation and regulation (that we wish weren't necessary) to try to level the playing field and keep down costs.

What's worse is that we spend a huge part of our day explaining to people why we can't fill their prescriptions, and we're not in the business of turning down prescriptions or denying care. To be frank, it disgusts us but has become a necessary evil to keep our doors open.

For the last 10 years, we've passed what we thought was meaningful legislation to ensure quality patient care and a mostly free market, where the patient decides their healthcare providers. Louisiana, surprisingly, has been at the tip of the spear of meaningful Pharmacy/PBM reform and legislation.

The PBMs have well-compensated lobbyists in fancy suits; we have unpaid pharmacists in (probably stained) white coats. It's truly a David vs. Goliath situation, yet most of our legislation passes unanimously.

The PBMs have slowly (d)evolved into such a universal problem in our healthcare system that the need for radical and immediate change has become obvious. If you don't believe us, ask the prescribers who must hire employees simply to jump through the PBM's hoops.

The silver-lining to this nightmare is that our issue is universal and truly bipartisan. It affects young and old, black and white, men and women, Republicans and Democrats.

This is proven by the fact that Louisiana is on the precipice of passing the most meaningful, useful, and transformative legislation in the nation, that will likely start a cascade of dominos that fixes this problem in most other states, and eventually on the federal level. Jeff Landry (Louisiana's Republican Governor) and Dustin Miller (Democratic Health & Welfare Chairman) probably don't often agree on many political issues, but they agree that we need radical PBM reform, and they're working together to make it happen.

We have two pieces of legislation that evolved out of necessity: one that's mostly boring and technical (prohibiting a laundry list of unfair trade practices) and one that prevents the unfair "vertical integration" of PBMs that also own and operate a pharmacy.

Arkansas recently passed similar legislation, and Governor Sarah Huckabee Sanders (a close friend of Governor Landry) is slowly becoming one of the loudest and most outspoken advocates of PBM Reform. Maybe their mutual friend, President Trump, will realize this is a universal and populist issue and fix it federally.

When the curtain is pulled back, we're all going to be shocked by how much we've overspent on Medicaid and Medicare, for years.

The current PBM climate is a terribly (and unnecessarily) complicated process that really shouldn't be. Pharmacies can be paid fairly (as in not below our actual costs), save the patient and insurance provider money, and pay the PBM a reasonable transaction fee. Sometimes things aren't as complicated as we make them.

If you doubt any of these claims, please call your closest ten independent pharmacists and ask them.

T.J. Woodard, PharmD, MBA
Prescriptions to Geaux
Baton Rouge, LA

PUBLIC NOTICE

The full text of the Acts from the 2025 Regular Session of the Louisiana Legislature may be viewed on the website of the Official Journal of the State at www.theadvocate.com.

Prepared by
Secretary of State Nancy Landry
pursuant to Act 802 of the 2010 Regular Session
of the Louisiana Legislature.

Public Notices

Town of Independence

Town of Independence
Regular Meeting
June 10, 2025
6:30 P.M.
CALL TO ORDER.

Roll call was read by Town Clerk, Julie Peterson.

Present was Larry Cardaronella, Luke Suarez, Joe Galofaro, Eric Costa, Mike Muscarello. Quorum was present.

Prayer was led by Larry Cardaronella.

Pledge was led by Luke Suarez.

Public Input: None.

A motion was made by Eric Costa, seconded by Joe Galofaro to approve the minutes from the May 13, 2025 Regular Meeting. Voting to approve was as follows:

YEAS: Luke Suarez, Larry Cardaronella, Joe Galofaro, Eric Costa, Mike Muscarello
NAYS: None
ABSENT: None
ABSTAINED: None

Motion to approve minutes from May 13, 2025 Regular Meeting was passed unanimously.

A Motion was made by Eric Costa, seconded by Joe Galofaro to approve the minutes from the May 15, 2025 Special Meeting. Voting to approve was as follows:

YEAS: Luke Suarez, Larry Cardaronella, Joe Galofaro, Eric Costa, Mike Muscarello
NAYS: None
ABSENT: None
ABSTAINED: None

Motion to approve minutes from May 15, 2025 Special Meeting was passed unanimously.

A Motion was made by Eric Costa, seconded by Joe Galofaro to approve the minutes from the May 29, 2025 Special Meeting. Voting to approve was as follows:

YEAS: Luke Suarez, Larry Cardaronella, Joe Galofaro, Eric Costa, Mike Muscarello
NAYS: None
ABSENT: None
ABSTAINED: None

Motion to approve minutes from May 29, 2025 Special Meeting was passed unanimously.

OLD BUSINESS:

NONE

NEW BUSINESS:

a. Mr. Aaron Jackson was not able to make the meeting to be re-appointed to the Independence Housing Authority Board. Mayor Paine asked for a motion to table the matter. A motion was made by Larry Cardaronella, seconded by Eric Costa to table the re-appointment of Mr. Jackson until a later meeting. Voting to table was as follows:

YEAS: Luke Suarez, Larry Cardaronella, Joe Galofaro, Eric Costa, Mike Muscarello
NAYS: None
ABSENT: None
ABSTAINED: None

Motion to table re-appointment of Mr. Aaron Jackson to the Independence Housing Authority Board passed unanimously.

b. The Occupational License for Blacc Butterfly Event Center LLC located at 300 Martin Luther King Jr. Street was discussed. Owner Rochelle Stevenson was present to answer any questions. A motion was made by Eric Costa, seconded by Joe Galofaro to approve the occupational license for Blacc Butterfly Event Center LLC. Voting to approve was as follows:

YEAS: Luke Suarez, Larry Cardaronella, Joe Galofaro, Eric Costa, Mike Muscarello
NAYS: None
ABSENT: None
ABSTAINED: None

Motion to approve the occupational license for Blacc Butterfly Event Center LLC was passed unanimously.

c. The Occupational License for Everything-Neet Esthetics LLC located at 304 Martin Luther King Jr. Street was discussed. Owner Anita McKnight was present to answer questions about her business. A motion was made by Eric Costa, seconded by Joe Galofaro to approve the occupational license for Everything-Neet Esthetics LLC. Voting to approve was as follows:

YEAS: Luke Suarez, Larry Cardaronella, Joe Galofaro, Eric Costa, Mike Muscarello
NAYS: None
ABSENT: None
ABSTAINED: None

Motion to approve the occupational license for Everything-Neet Esthetics LLC was passed unanimously.

d. Several residents of Robertson Road were present to discuss the shootings that have been taking place at a residence located at 224 Robertson Road. Josie Digiovanni informed the board there have been 7 shootings in the area since November 2024. Chad Basso thanked the police department for the response the residents received from this last shooting in June. He stated he would like to see cameras installed. Corey Barrileaux asked the board to look into any city laws that can be passed to help remove a homeowner if there are repeated issues at their residence. Darlene Bruno spoke about the issue of having bullets shot through her home in November 2024 and she has not received a police report. Mayor Paine informed the residents that the town will look into any avenue they can to help.

e. Bids for the official journal for the upcoming fiscal year (July 1, 2025 - June 30, 2026) were opened. A bid was received from the Daily Star with a price of $5.70 per square of 100 words. A bid was also received from the Tangi Times with a price of $5.25 per square of 100 words. After a brief discussion a motion was made by Larry Cardaronella, seconded by Eric Costa to accept the bid from the Tangi Times as official journal for the upcoming fiscal year (July 1, 2025 – June 30, 2026). Voting to approve was as follows:

YEAS: Luke Suarez, Larry Cardaronella, Joe Galofaro, Eric Costa, Mike Muscarello
NAYS: None
ABSENT: None
ABSTAINED: None

Motion to approve the bid for the Tangi Times as the official journal for the upcoming fiscal year was passed unanimously.

f. Bids for the fiscal agent for the upcoming fiscal year (July 1, 2025 – June 30, 2026) were opened. The only bid received was from First Guaranty Bank. A motion was made by Eric Costa, seconded by Joe Galofaro to accept the bid received from First Guaranty Bank. Voting to approve was as follows:

YEAS: Luke Suarez, Larry Cardaronella, Joe Galofaro, Eric Costa, Mike Muscarello
NAYS: None
ABSENT: None
ABSTAINED: None

Motion to approve the bid from First Guaranty Bank as the fiscal agent for the upcoming fiscal year was passed unanimously.

g. The annual 4th of July event was discussed. Mayor Paine informed the board of the cost to the town to put on this type of event. After a discussion on the cost vs public turnout the board agreed to not hold the 4th of July event.

REMARKS:

Mayor Pro-Tem Luke Suarez: Announced his resignation from the Board of Aldermen effective immediately. He stated that he would have a statement prepared for the special meeting next week. He encouraged the board to continue to work together to do what's best for the town.

Mike Muscarello: None

Larry Cardaronella: Stated that he feels for the residents of Robertson Road. Stated that he wants to see everyone work together to keep the town safe.

Eric Costa: Expressed his sympathy for the residents of Robertson Road. He stated that he agrees that the board should work together to see If any ordinances can be adopted to help fight some of these issues.

Joe Galofaro: None

Mayor Paine: Expressed his agreement that the residents of Robertson Road should not have to feel unsafe in their own home. He stated that the town has a good police department but the efforts may need to be stepped up. He told Luke that he would be sorely missed on the board.

Police: None

Fire: Absent

_____
Jim Paine, Mayor

Julie Peterson, Town Clerk

Publish: July 9 Cost of notice: $90.30

TANGI PARISH GOVERNMENT

DOCUMENT 00 1113 - OFFICIAL ADVERTISEMENT FOR BIDS
PROJECT:**TANGIPAHOA PARISH GOVERNMENT HOUSING DEPARTMENT NEW HEADQUARTERS**

BID DATE:Sealed bids will be received on
THURSDAY, AUGUST 7, **2025,** at **2:00 PM**

OWNER: Tangipahoa Parish Government 206 E. Mulberry Street
Amite, LA 70422

PLACE: Bids will be received by HOLLY & SMITH A~CHITECTS, APAC, for Tangipahoa Parish Government at their office located at 206 E. Mulberry St., Amite, LA 70422 and will be opened and read aloud.

All bids shall be submitted in a sealed envelope bearing legibly on the exterior, the following:

1. Job Name and Owner
2. Architect
3. Date
4. Contractor's Name, Address, and License Number

No bid shall be withdrawn for a period of thirty (30) days after receipt of bid.

AU Drawings, Specifications, and other Contract Documents for the project are on file and open for
inspection at the offices of HOLLY & SMITH ARCHITECTS, A Professional Architectural Corporation, 208
N. Cate Street, Hammond, LA 70401.

Complete Bidding Documents may be obtained through www.centralauctionhouse.com. If you are not
currently a subscriber, you will need to appty for access. Printed copies are not available from the
Architect, but arrangements can be made to obtain them through most reprographic firms. Plan holders
are responsible for their own reproduction costs. Questions about this procedure shall be directed to the
Architect at:

Holly & Smith Architects, APAC
208 N. Cate Street
Hammond, LA 70401
PHONE: (985) 345-5210 T
hsa@h ol lyan d smith.com

A **Pre-Bid Conference** is scheduled for **Thursday, July 24, 2025@ 10:00 A.M.** at the project site
located at **211 E Oak St., Amite, LA 70422.**

All bidders shall meet the requirements of the State of Louisiana Contractor's Licensing law, Louisiana
Revised Statute 37:2150 through 2164, as amended.

As a requirement under Louisiana Revised Statute 37:2163, this project is classified as **Building Construction.**

Sureties used for obtaining Bonds must appear as acceptable on the Department of Treasury Circular
570.

In accordance with R.S 38:2212 (A)(1)(b), the provisions and requirements stated in the Advertisement
for Bids and those required on the Bid Form shall not be considered as informalities and shall not be
waived.

Any person with disabilities requiring special accommodations must contact the Tangipahoa Parish
Government no later than seven (7) days prior to the bid opening and pre-bid conference.

The Owner reserves the right to reject any or all bids.

Bidders have the option to submit bids electronically with Louisiana Revised Statute 38:2212 A(1)(f)(i).

Bids submitted electronically shall be submitted to www.centralauctionhouse.com.

Publish Tangi Times: July 9, 16, 23, 2025

Cost of notice: $34.00

TPSS

NOTICE

DEADLINE: July 9, 2025

The Tangipahoa Parish School System (TPSS) is now accepting applications for the following:

POSITION:OFFICE ASSISTANT (12 Months)

SALARY: $28,177 - $47,147 (Based on verified years of relevant experience)

LOCATION: Academics Department – Central Office Amite, LA

CRITERIA: High School Diploma or Equivalency Certificate, and must have one of the following:

At least two (2) years of experience in an office or human resources setting.

Successfully completed coursework leading to an Associate Degree in Office Administration, or Human Resources related area.

Successfully completed coursework at a State Approved Vocational School, Business School, or J.T.P.A. sponsored school in office management, human resources or related field.

A Bachelor's degree or higher will be accepted in lieu of the above requirements.

Updated diplomas, certificates, and other supporting documentation must be submitted with the application.

Applications for this position will only be accepted through the Frontline Recruit and Hire website: www.applitrack.com/Tangischools/onlineapp. Paper applications and/or email scanned attachment(s) will not be accepted or processed for consideration.

Submit your application through the Frontline Recruit and Hire portal before the deadline of **July 9, 2025,** even if a previous paper application is on file with TPSS Human Resources. Previous paper or email applications will not be considered.

IMPORTANT: Please be advised that all applicants who apply for this position should check their email account daily, **including their SPAM folder,** for communications regarding this advertisement.

The Tangipahoa Parish School System is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, sex, age, national origin, or disability.

DATE ADVERTISEMENT POSTED:
June 30, 2025

Publish: July 2, 4,7 & 9 Cost of notice:$23.50

NOTICE

DEADLINE: July 11, 2025

The Tangipahoa Parish School System (TPSS) is now accepting applications for the following:

POSITION: AGRICULTURE TEACHER (12 Months)

SALARY: $64,012 - $92,023 (Based on degree and verified years of relevant experience)

LOCATION:Loranger High School
Loranger, LA

CRITERIA: Possess a Standard Louisiana Teaching Certificate with a certification area of Agriculture grades 6-12 as listed in Bulletin 746 – Louisiana Standards for State Certification of School Personnel.

Applications for this position will only be accepted through the Frontline Recruit and Hire website (24TUhttps://www.applitrack.com/Tangischools/onlineapp/U24T). Paper applications and/or email scanned attachment(s) will not be accepted or processed for consideration.

Submit your application through the Frontline Recruit and Hire portal before the deadline of **July 11, 2025** even if a previous paper application is on file with TPSS Human Resources. Previous paper or email applications will not be considered.

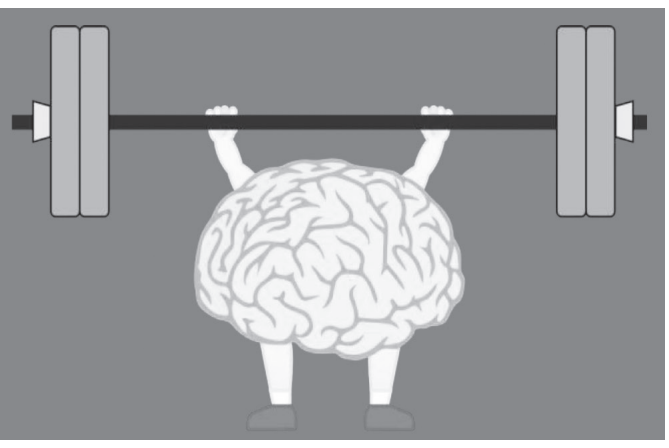
The Tangipahoa Parish School System is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, sex, age, national origin, or disability.

DATE ADVERTISEMENT POSTED:
July 2, 2025

Publish: July 4,7, 9 & 11 Cost of notice:$17.00

SEARCH MORE PUBLIC NOTICES AT:
louisiana publicnotice.com
powered by the Louisiana Press Association

Intelligence Corner



CRYPTO FUN

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Solve the code to discover words related to the beach.
Each number corresponds to a letter.
(Hint: 10 = S)

A. 10 9 7 23
Clue: Granular material

B. 10 8 4 16 15 25 20 7 15
Clue: Where ocean meets sand

C. 5 9 2 15 10
Clue: Swells of water

D. 10 8 15 25 25 10
Clue: Protective coatings of sea creatures

Answers: A. sand B. shoreline C. waves D. shells

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the beach.

L A Y S T

Answer: Salty

The Tangi Times BRAIN TEASER

RHYME TYME

Find rhymes for the words in each quartet so that the first word becomes a category and the second, third, and fourth words become specific items in that category.
Example: TOWER: lazy, faster, knows → FLOWER: daisy, aster, rose

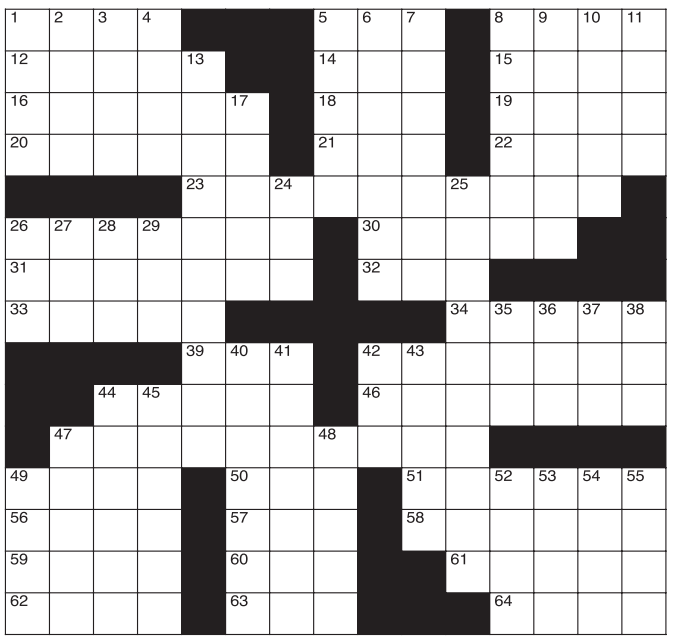
1. HOOT: yum, beach, hair
2. MOBILITY: Aaron, fluke, girl
3. GOAT: funk, stallion, hot
4. MOPE: trio, turban, sinus

*If you think that you have solved the puzzle, tell us about it in an email to **publisher@tangitimes.com** before the solution is published in next week's paper.*

FUN FACT

The cartoon name "Scooby Doo" was inspired by a song by Frank Sinatra.

CROSSWORD



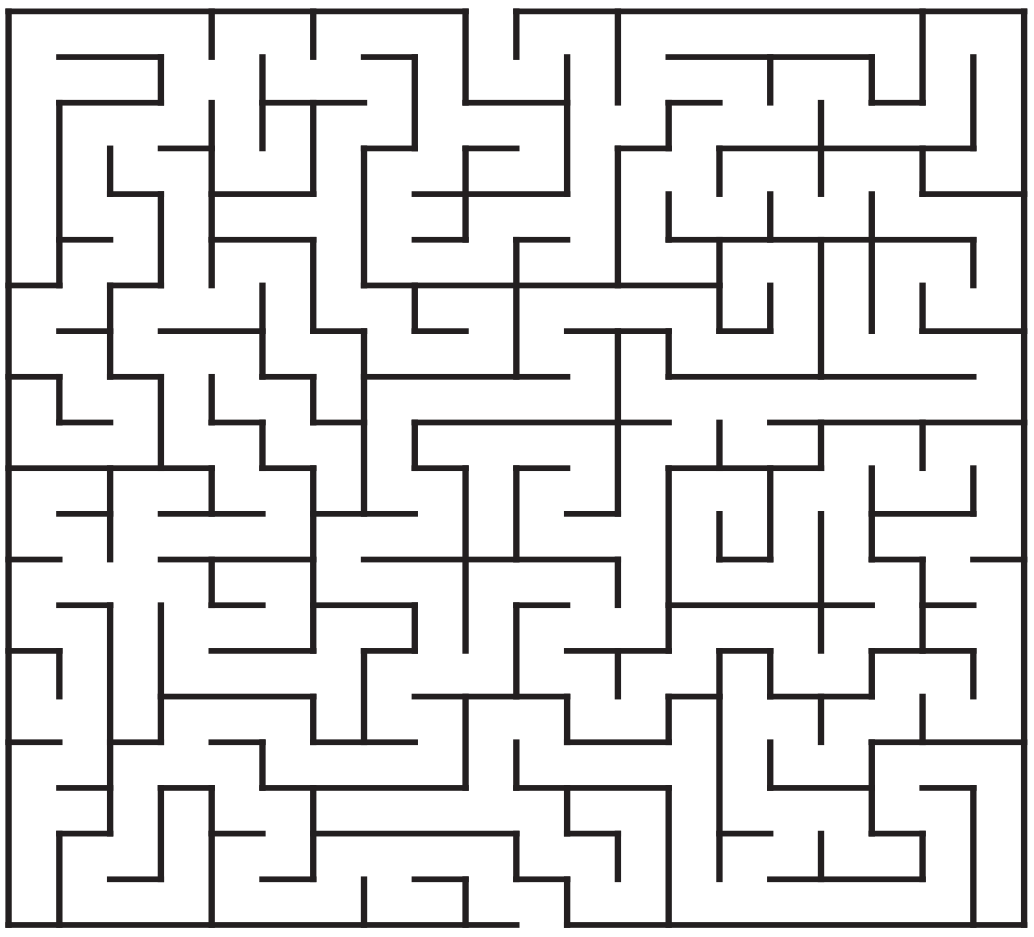
CLUES ACROSS

1. 50 percent
5. Records electric currents
8. Charlize Theron flick "__ Flux"
12. More frosty
14. Disfigure
15. Sky color
16. A thoroughfare in a town or city
18. Actress de Armas
19. Spend time in a relaxed way
20. California peak
21. Lodging option
22. Small amount of a thing
23. Expresses sorrow
26. Keeps an ear warm
30. Babies (Spanish)
31. A conceited and self-centered person
32. No seats available
33. Pouches
34. Hip joints
39. A place to bathe
42. Evading
44. Minute, one-celled unit
46. Losing one's hair
47. A country in W Africa
49. One point north of northeast
50. Pointed end of a pen
51. Extreme
56. Norse personification of old age
57. Doctors' group
58. Member of U.S. Navy
59. Mens' fashion accessories
60. A way to allow
61. Gloomy
62. Grads wear one
63. Between south and southeast
64. Jaguarundi cat

CLUES DOWN

1. Snakes do it
2. Hormone
3. The standard monetary unit of Turkey
4. Fixed charges
5. Electronic communication
6. Artilleries
7. "Strangers on a Train" actor Farley
8. Burning
9. Makes ecstatically happy
10. Greek liqueurs
11. Tropical Old World tree
13. Someone who takes vengeance
17. Style of cuisine
24. Select
25. Immunized against disease
26. Old world, new
27. Honorable title (Turkish)
28. Court case: __ v. Wade
29. Supervises interstate commerce
35. Not divisible by two
36. Twelve
37. Commentator Coulter
38. Encourage
40. Plumbing fixtures
41. Early
42. One point north of due east
43. King of Thebes
44. Short-tailed martens
45. Impose a penalty on
47. Consort of Poseidon
48. A way to lessen
49. Brooklyn hoops team
52. Female of a horse
53. Do as one is told
54. A way to prepare meat
55. Unit of measurement

Kids' Corner



GUESS WHO?

I am an actor born in California on July 8, 1977. I wrestled in high school and also acted in drama productions. During my career I have played a son of a famous boxer, a rebel love interest, and a beloved dad who died tragically.

Answer: Milo Ventimiglia

SUDOKU

	7	4				2		
	1		9		5			
	4		5					3
8							7	6
			1		3			
3		7	6					
	8		2				5	
9		2					8	4

WORD SEARCH

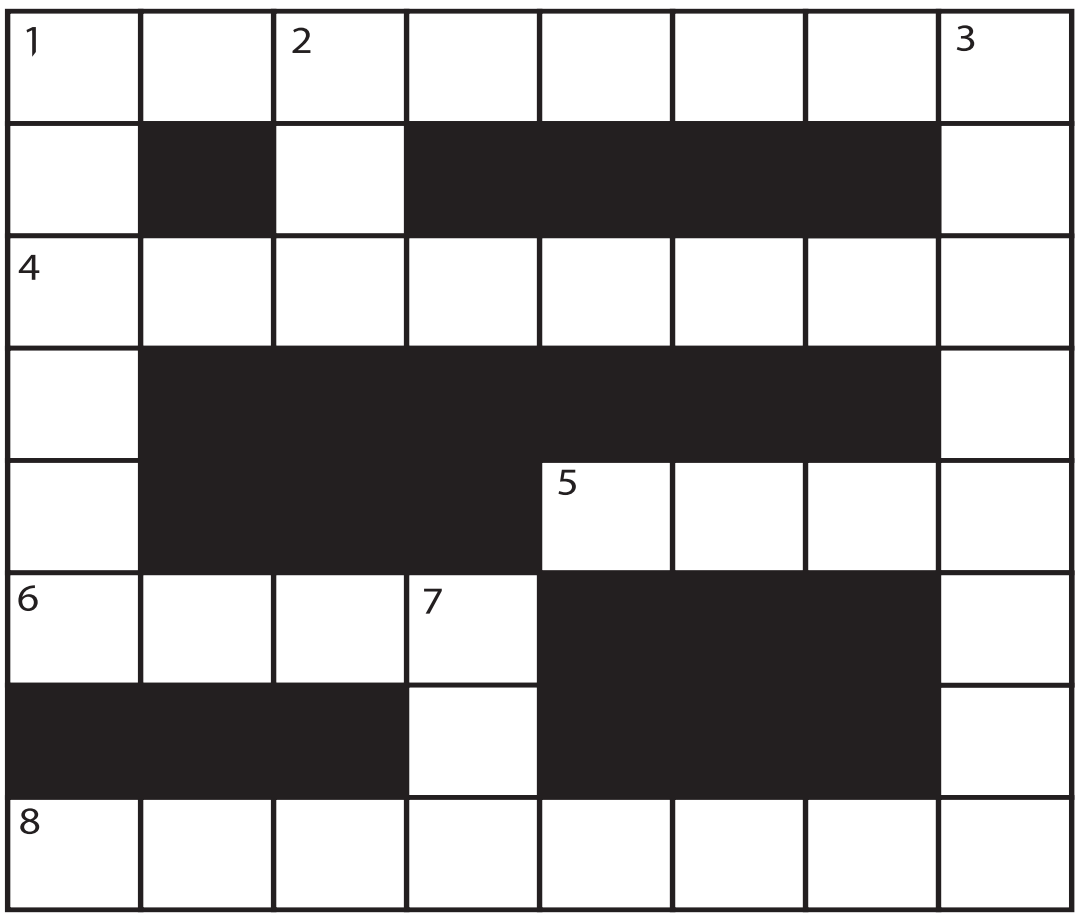
BEACH TIME WORD SEARCH

T	T	T	I	U	S	M	I	W	S	A	M	R	F	A	S	H	V	F	D
N	O	R	B	G	R	F	K	S	P	R	A	S	N	B	H	U	B	T	B
S	B	W	U	V	D	E	F	E	N	G	A	T	A	L	A	R	V	E	K
S	W	E	E	F	R	T	U	C	R	N	D	R	S	F	R	C	A	U	S
H	W	R	W	L	E	A	I	I	D	W	R	M	F	E	K	C	T	U	A
K	O	O	S	O	T	N	V	B	O	I	V	R	S	R	H	B	R	S	D
C	H	H	F	T	A	I	A	M	E	H	T	W	F	C	E	F	R	I	T
U	O	S	O	S	W	R	H	R	F	I	A	S	O	R	B	E	R	L	T
T	O	A	L	C	K	D	N	U	D	T	S	M	M	O	L	P	C	K	V
V	B	W	S	F	A	T	P	E	V	E	B	D	A	O	V	N	I	L	T
N	I	B	V	T	E	A	S	I	A	E	O	R	O	T	U	A	D	A	T
I	O	I	L	D	R	A	R	S	R	G	D	C	T	M	M	S	V	W	B
H	U	W	I	N	B	B	I	I	A	D	D	I	D	R	B	F	U	D	I
P	R	A	F	A	V	D	N	I	P	P	W	T	N	H	R	H	H	R	H
L	N	V	E	S	E	F	B	K	I	T	M	B	M	W	E	A	R	A	V
O	N	E	G	N	D	U	D	T	K	G	I	I	D	R	L	S	H	O	P
D	S	S	U	K	V	V	B	P	A	S	F	D	E	B	L	L	U	B	G
F	B	M	A	D	D	M	B	U	C	K	E	T	E	V	A	D	O	C	E
E	K	R	R	V	T	L	K	K	A	K	N	E	E	R	C	S	N	U	S
R	V	V	D	F	B	A	K	M	H	U	L	H	O	F	L	F	C	V	S

Find the words hidden vertically, horizontally, diagonally, and backwards.

BARRIER
BEACHCOMBER
BERM
BOARDWALK
BREAKWATER
BUCKET
COAST
COOLER
DOLPHIN
LIFEGUARD
RIPTIDE
SAND
SANDBAR
SEASIDE
SHARK
SHORE
SUNSCREEN
SURFBOARD
SWIMSUIT
TAN
TIDES
TOWEL
UMBRELLA
WAVES

CROSSWORD



ACROSS
1. Happens irregularly
4. More than one, 5. Type of fruit
6. Things in a straight line
8. Moving through water

DOWN
1. Hot season
2. Liquid used for fuel or lubricant
3. Shouting for joy
7. Total from adding two numbers

Rest Does Not Equal Laziness

By KASIA PERKOWSKA
Tangi Times Feature Columnist

When burning the candle at both ends, people commonly advise us to "Just relax." Sounds heavenly, doesn't it? It's a phrase said with good intentions, but it's not always easy to drop life and relax.

Most of the time, when in the middle of something, it may seem illogical to stop and rest for a few moments. For me, it took a lot of self-talk, reminding myself I'm only human, while a voice in my head yelled at me to slow down before I "crashed and burned." That's one phrase I'm sure we are all familiar with.

Over the years, I've seen a few people wear themselves out, and when they were advised to sit down and breathe for a moment, many of them said they couldn't. There was always too much to do and not enough time to do it.

Some promise themselves to take it easy soon, especially when their bodies start to reach the verge of collapse. However, they still may find this difficult to do, especially since many of us grew up being told to stop being lazy when we were caught sitting down or relaxing. We were young and were supposed to enjoy that youth. Then, in our busy adult lives, we become our mothers and start telling ourselves to get off our behinds, stop wasting time, and, my favorite, to "be productive."

We've trained ourselves to push our minds and bodies past their limits since a very young age, especially when cramming for exams in school. Pulling all-nighters was not a problem, and we still had enough energy to go to work the next day and out to a movie after.

Eventually, however, it does catch up, and if we are not paying close attention by listening to our bodies, exhaustion to the point of hospitalization could result. I've recently seen this happening more frequently to friends, their families, and online acquaintances.

I startled myself when walking by a mirror one day, not realizing just how exhausted I looked. It was a wake-up call for me, and I had no choice but to take it seriously and stop pushing myself as hard as I did. If I didn't, my body was giving me tell-tale signs that it was about to fail me. I knew if I ended up hospitalized, it wouldn't be good, especially since I didn't have anyone to help me with the rescue.

So, what happens when we push ourselves to the breaking point? We reach burnout. The mind and body know there's stuff to be done, but suddenly the mind snaps, the body says, "I'm done. No more!" Once that point is reached, self-care, chores, and responsibilities are put on the back burner as the body literally forces rest.

How can we tell if we are burned out? We reach a state of complete and utter exhaustion, possibly even to the point of falling asleep while standing up. I've done that myself a few times, as I'm sure many others have. We may feel useless, irritable, lack motivation for the things that we previously enjoyed, and may have trouble sleeping, even though our bodies crave it.

Once the body reaches a state of physical exhaustion, the mind is profoundly affected. When dangerously close to reaching burnout, the mind becomes foggy and forgetful. The immune system may weaken over time, making us more vulnerable to various illnesses and viruses. We may notice a difference in our mood, becoming more irritable and finding ourselves having a much shorter fuse than usual, even becoming snippy with others.

I've always told myself, "Just a little more and I'll be done for the day, then I'll sit down and rest," then work myself to the point of collapse and wake up the next morning in the chair I sat down in the night before to take a five-minute break. This would often result in a sore neck the following morning from sleeping in the wrong position, and I would chastise myself for not paying attention to how tired I really was.

Playing catch-up with my to-do list became a regular occurrence. I knew I had to lighten my daily load, but I wasn't sure how to prioritize, as everything seemed important.

That's the tricky part – finding the time to give ourselves a necessary daily break, while realizing there are never enough hours in the day. Something usually has to give, and sacrifices must be made. None of us can pour from an empty cup.

According to Psychology Today, there are several types of rest that our bodies and minds need to function properly, allowing us to feel refreshed and rejuvenated. The primary one is physical rest, which means we are resting from engaging in physical activities. Sleep, naps, and relaxation fall into this category.

For some, mental rest occurs the moment their head hits the pillow, whereas for others, this is when the mind starts to wander, preventing them from sleeping. We tend to occupy our busy minds by reviewing the day, problem-solving, and so on. Many people struggle to shut their minds off when it's time to go to sleep.

Sensory rest is taking a break from all things that stimulate or excite us, such as kids, noise, lights, pets, and gadgets.

Emotional rest means being honest and accepting with ourselves, even when we fail. It allows us to embrace our imperfections, knowing that sincere effort matters more than perfection. Not all lessons come easily – some are tough and jarring, but still valuable. We shouldn't be too hard on ourselves, even if that tendency was learned early in life.

There are many wonderful ways we can easily incorporate actual rest into our daily routine.

Research shows that three minutes of deep breathing can provide up to 5-6 hours of increased productivity. Experts insist this practice is definitely worth making time for. Many breathing apps can help us with this simple yet effective practice.

Taking a walk around the block can calm and refresh both the mind and body. Closing our eyes and listening to just one song can make us feel more relaxed. Music is very soothing to the soul, provided it's the right type of music.

I read that in China, noon napping is practiced almost religiously and is part of the Chinese culture. It's not uncommon to see cots with people sleeping in them in hallways and offices. Additionally, lunch may last up to two hours.

Ensuring we get enough rest and stop feeling guilty about taking this much-needed time for ourselves should become a priority if we start to feel burned out. Making it a habit takes practice, but it is possible and will make us much more productive in every aspect of our lives.

We require rest, relaxation, and time to do absolutely nothing if we so choose sometimes. Rest doesn't mean we are lazy, but rather we care enough about our bodies and minds to pamper them when they need it. None of us will be of any use to ourselves or others if we reach a point of exhaustion that prevents us from functioning mentally and physically.

The Tangi Times

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PUZZLE SOLUTIONS

BRAIN TEASER SOLUTION

From June 25, 2025

DOG EARED

Pablo has more than 120 but fewer than 185 printed photographs of his dogs, and he wants top glue them onto pieces of colored poster board to display on his wall. If he puts 5 photos on each poster, there will be 3 photos left over. If he puts 7 photos on each poster, there will be 6 photos left over. How many photos does Pablo have?

SOLUTION

Since 119 is divisible by 7, the number 125 is the first number above 120 that leaves a remainder of 6 when divided by 7. If we continue adding 7 to 125, we get all the numbers that leave the remainder 6 when divided by 7. These numbers are 125, 132, 139, 146, 153, 160, 167, 174, and 181.

Numbers that leave the remainder 3 when divided by 5 always end in 3 or 8. The only number in the list that ends in 3 or 8 is 153.

Pablo has 153 photos of his dogs.

According to Captain Jim Mascair, Pablo is a bit obsessive.

Thanks for the laugh, Captain Jim! We agree!

Congratulations to Captain Jim Mascair and Brenda Gainey for solving this challenging Brain Teaser!

H	A	L	F	■	■	■	E	C	G	■	A	E	O	N
I	C	I	E	R	■	■	M	A	R	■	B	L	U	E
S	T	R	E	E	T	■	A	N	A	■	L	A	Z	E
S	H	A	S	T	A	■	I	N	N	■	A	T	O	M
■	■	■	■	A	P	O	L	O	G	I	Z	E	S	■
E	A	R	F	L	A	P	■	N	E	N	E	S	■	■
E	G	O	T	I	S	T	■	S	R	O	■	■	■	■
C	A	E	C	A	■	■	■	■	■	C	O	X	A	E
■	■	■	■	T	U	B	■	E	L	U	D	I	N	G
■	■	S	P	O	R	E	■	B	A	L	D	I	N	G
■	M	A	U	R	I	T	A	N	I	A	■	■	■	■
N	E	B	N	■	N	I	B	■	U	T	M	O	S	T
E	L	L	I	■	A	M	A	■	S	E	A	B	E	E
T	I	E	S	■	L	E	T	■	■	D	R	E	A	R
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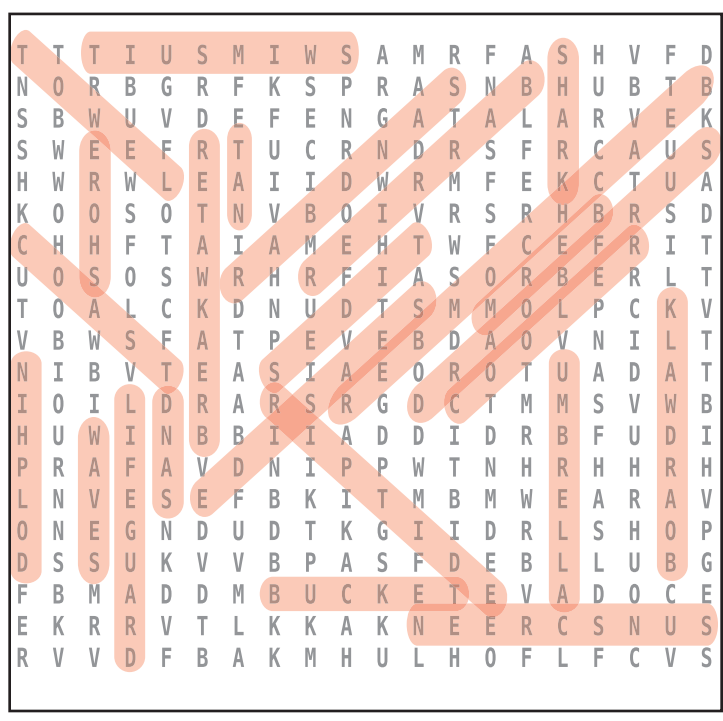
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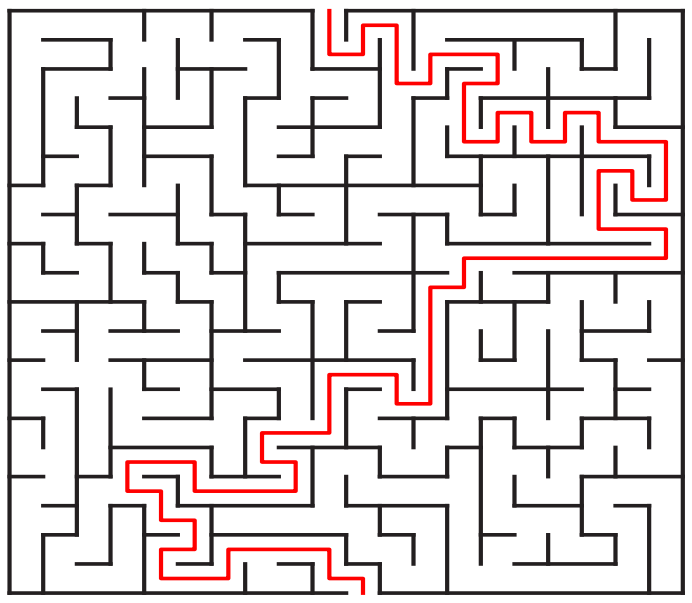

5	7	4	8	1	6	2	3	9
6	1	3	9	2	5	7	4	8
2	9	8	3	7	4	5	6	1
1	4	9	5	6	7	8	2	3
8	3	5	4	9	2	1	7	6
7	2	6	1	8	3	4	9	5
3	5	7	6	4	8	9	1	2
4	8	1	2	3	9	6	5	7
9	6	2	7	5	1	3	8	4

KIDS CROSSWORD

ACROSS
1. Sporadic
4. Multiple, 5. Pear
6. Rows
8. Swimming

DOWN
1. Summer
2. Oil
3. Cheering
7. Sum

The Tangi Times Sports Lounge

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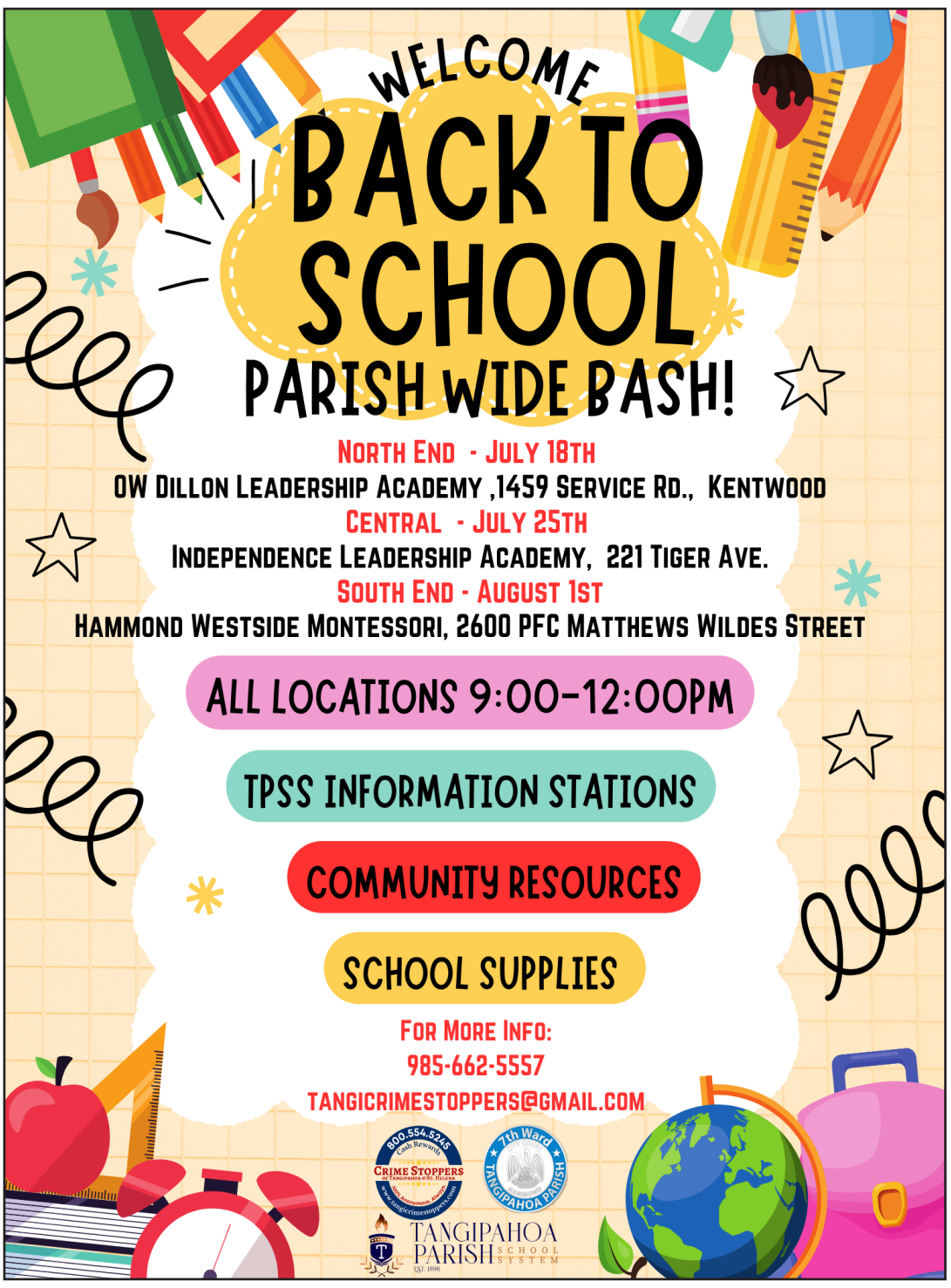
Sports Editor

Joel Ray
Sportswriter

Dwight Williams Jr.
Sportswriter

Ethan Peltier
Sports Reporter



Pitcher Keagan Gillies Named to All-Star Futures Roster

By JOEL RAY
Tangi Times Sportswriter

Former Tulane pitcher Keagan Gillies was among the next generation of stars named to the roster for the 2025 Major League Baseball (MLB) All-Star Futures Game on Monday.

Gillies is the first former Tulane baseball player named to the Futures Game since current Detroit Tigers catcher Jake Rogers in 2019.

The Futures Game will be played on Saturday, July 12, at 3pm at Trust Park in Atlanta, Georgia, in a U.S. vs the World format. The game will be shown live on MLB Network and will be simulcast on MLB.TV, MLB.com and via the MLB App. Melanie Newman, Yonder Alonso, Jonathan Mayo, and Sande Charles will be on the call for the game.

Gillies is 4-1 on the season for the Chesapeake Baysox with a 1.15 ERA in 26 games pitched. He has totaled eight saves while allowing just 14 hits in 31.1 innings pitched with 34 strikeouts and a .128 batting average against him.

He was drafted by the Baltimore Orioles in the 15th round in 2021 and is now

Keagan Gillies

in Double A in their minor league system. In his minor league career, he has 11 wins and 172 strikeouts in 140.2 innings worked.

Gillies pitched at Tulane from 2017 to 2021. He had 10 wins while appearing in 79 games with 30 starts. In 215.1 innings, he struck out 187 during his college career.

He had a breakout final season at Tulane with a 0.96 ERA in 19 games, along with five saves. He totaled 44 strikeouts in 28 innings pitched while limiting opponents to a .133 batting average.

The 2025 MLB Draft is set to begin the day after the Futures Game on July 13 in Atlanta.

Tangi Times Sportswriter Joel Ray is a member of the Louisiana Sports Writers Association.

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$50 per paper edition subscription price applies to delivery in Tangipahoa, St. Helena, and eastern Livingston Parishes. Subscription rate for all other areas is $100 per year, per edition. Call 985-467-0096 or email publisher@tangitimes.com with any questions.

Brown&s Chapel MBC

115th Church Anniversary And Homecoming

THEME: "Still Standing, Still Serving "

Scripture: 1 Corinthians 15:58

115th

Host: Pastor Lafayette & First Lady Rosa Funches

Sunday, July 13th | 2:00 PM

Location: 70427 Martin Luther King Dr Tangipahoa, LA 70465

GUEST PREACHER:

Rev. Nathan A. Williams Mt. Olive Baptist Church Independence, LA

Collinswood Receives Genesis Award

From the Gardenettes

Collinswood Museum was awarded the Genesis Award for commercial landscaping for their well-planted grounds by the Gardenettes on July 1. Receiving the award for July and August were museum board members Lark Thibodaux, Vincent Thibodaux, Jim Perrin, Bart Migues, Glenn Drude, Dale Tate, and Daniel Taylor.

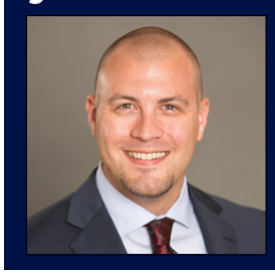
Garden club members present for the honor included Cricket Ayala, Susan Pizani, Margaret Bailey, Mary Hirsch, Virginia Hawkins, Marilyn Wright, and Vicky Fannaly. Gardenettes are members of District VI Louisiana Garden Club Federation Inc., Deep South Garden Clubs Inc., and National Garden Clubs Inc.

The museum was selected because of the colorful flower beds and well maintained grounds. A focal point of the Ponchatoula downtown area, the museum houses the USS Ponchatoula artifacts. Located on property donated by Andrew M. Edwards II to the city of Ponchatoula for use as a museum and park on December 28, 1995, the property has evolved over the years into a serene area in the heart of town for residents and tourists to enjoy. The club was pleased to honor the members of the museum who work so hard to keep this beautiful spot for all to enjoy.

(Courtesy Photo)

Left to right: Virginia Hawkins, Mary Hirsch, Vincent Thibodaux, Lark Thibodaux, Jim Perrin, Marilyn Wright, Glenn Drude, Bart Migues, Cricket Ayala, Margaret Bailey, and Dale Tate

coverage for wherever you call home



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TANGI GUMBO

FROM PAGE 3

joins over 160,000 preserved files from more than 550 public media organizations across the country—more than 100,000 of which are available for streaming online.

On April 24, four black females entered the Dollar General store on Wardline Road in the Hammond area and began rummaging through various items. Another customer then alerted the store manager to the women removing items from their packaging and hiding them in their clothes. Before they could be confronted, the women left in a small, gray four-door vehicle without paying for any items. Thanks to a Crime Stoppers of Tangipahoa, Inc. tip, these suspects have been identified, and so far, two have been issued summonses. Riyuana Green, 19, and Tyriunna Campbell, 18, both from Hammond, were arrested on Shoplifting charges on Tuesday, July 1. Additionally, warrants have been issued for Kayla Toefield, 18, and a fifteen-year-old girl. Sheriff Gerald Sticker encourages anyone with information about Toefield's whereabouts to contact Det. Earl McFarland at 985-902-2043.

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Safety Tip of the Day
Outdoor Running Safety Tip
If you are out running, jogging or walking, do not have both airPods or earbuds in your ears.
You need to hear what's around you.
If you see something, say something.
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Welcome
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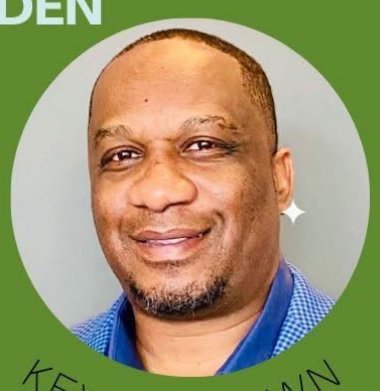


KEVIN BROWN
Special Guest
AUTHOR, ARTIST, SPEAKER, AND COMMUNITY ADVOCATE
The garden is a communal green space located in the Historic Burglund District of McComb, MS
• Gertrude's Garden was founded in 2019 in McComb, MS, which won the 2024 1st place Civic Organization by Keep Mississippi Beautiful.

Join the Minutemen of Ponchatoula

To all my friends who enjoy seeing the flag fly continuously over our Ponchatoula:

The 'Minutemen of Ponchatoula' is a not-for-profit organization created solely to keep the flag flying over our City of Ponchatoula. Our membership dues are only $25.00 per year and are used solely to purchase flags. We go through about 4 per year due to wear and tear from high winds and storms.

Our 177-foot-tall flagpole was a BellSouth communication tower. In 1985, the Jaycees took on the project of moving the pole across the tracks and across Pine Street to its current home today.

Every year on the 4th of July, the community comes together to our annual flag raising ceremony, hoisting up the big 70x40-foot flag, which was hand-sewn by locals known as the 'Betsy Ross Ladies.' Last year, we had nearly 80 participants, each of whom had to lend a hand to handle the enormous 2800-square foot foot flag. It was a wonderful morning and spectacular sight.

The purpose of this message is to ask you to become a member if you are not already one. We do not have socials, no dances, no crawfish boils, and no fundraisers. We just collect dues to keep our flag flying over our proud city.

Our president, Ronnie Perrin, is in charge of keeping a supply of flags so we will always have one flying.

As the secretary/ treasurer, I am asking you to send a $25.00 check payable to 'Minutemen of Ponchatoula' to me at my address listed below. Please do it now before LIFE gets in the way. Dues are due each July 4th and are totally voluntary but much needed.

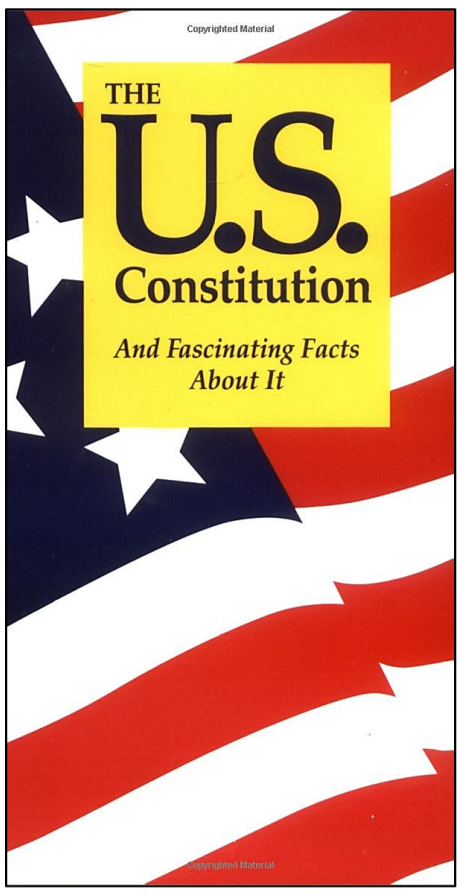
Minutemen of Ponchatoula
c/o Ricky Howes
280 N. 8th Street
Ponchatoula, LA 70454

Please do it today and support our city in welcoming all our visitors with our grand Old Glory.

Sincerely,

Ricky

Free Constitution Booklets Available at the Tangi Times



We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

The United States Constitution is composed of three main parts:

The Preamble: The first 52 words of the whole Constitution, beginning with "We the People" (see above).

The Articles: There are seven articles which make up the structural Constitution, signed on September 17, 1787, and ratified on June 21, 1788.

The Amendments: There are 27 Amendments to the Constitution. The first ten Amendments are known as the Bill of Rights, ratified on December 15, 1791.

In 1955, the Daughters of the American Revolution (DAR) petitioned Congress to set aside September 17-23 annually to be dedicated for the observance of Constitution Week. The resolution was later adopted by the U.S. Congress and signed into public law on August 2, 1956, by President Dwight D. Eisenhower.

The United States Constitution, America's most important document, stands as a testament to the tenacity of Americans throughout history to maintain their liberties, freedoms, and inalienable rights. Under constant attack by those who want to change America from the most liberated and most prosperous nation in the world to more closely resemble the oppressed civilizations that our forefathers fought to escape three centuries ago, the U.S. Constitution needs to be protected now, possibly more than ever. Constitution Week is celebrated annually by patriotic Americans to commemorate its history and importance and to raise attention to the criticality that it be preserved and vigorously defended.

In honor of our nation's sacred Constitution and the spirit of true American patriotism, free copies of The U.S. Constitution and Fascinating Facts About It are available during Constitution Week and thereafter at The Tangi Times News Headquarters at 1579 Hwy 51 in Ponchatoula. To claim your copy, call 985-467-0096 or send an email to publisher@tangitimes.com.

This offer was made possible by a generous donation from Judge Brenda Bedsole Ricks.

Note: spelling in parts of this article reflect spelling used in the original Constitution of the United States of America (source – National Archives).

A Birthday Gift to You from The Tangi Times

To celebrate the TEN summer birthdays of TEN Tangi Times staff members and writers, we are giving you TEN free summer weeks of digital access to the Tangi Times, now through August 30!

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The Tangi Times
Music Notes

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Feature Shows

Wednesday, July 9	Pat Catania (5-8:30 pm)	
Thursday, July 10	3rd Street Band (5:30-9 pm)	TJ Barends (6-9 pm)
Friday, July 11	Annette Mooney (6-9:30 pm)	Ben & Julia (6-9 pm)
Saturday, July 12	**90s Brunch** Lance Villafarra (10:30-2 pm) Jade Sanders (6-9:30 pm)	Lake Ragan (6-9 pm)

Salty Joe's BBQ Hammond	
Friday, 7/11 @ 6pm	
Bayou Daquiris Tiki Hut Roseland	
Saturday, 7/12 @ 8pm	

Schedules are Subject to Change